

Guard your health with preventive care

PREVENTIVE MEASURES FOR WOMEN

18 - 39	40 - 49	50 - 65	66+	Age Appropriate Preventive Measure
✓	✓	✓	◆	Cervical cancer/dysplasia screening: Pap smear every 3 years
✓				Routine chlamydia screenings for sexually active and pregnant women through age 24
		✓	✓	Colorectal cancer screening through fecal occult blood testing (annually), sigmoidoscopy (every 5 years) with high sensitivity stool test for blood (every 3 years) or colonoscopy (every 10 years), beginning at age 50 until age 75*
◆				Human Papilloma Virus (HPV) – catch-up immunization from 19-26 years of age
✓	✓	✓	✓	HIV screening once – talk with your doctor about when screening should be repeated
✓	✓	✓	✓	Influenza vaccine annually
	✓	✓	✓	Mammogram every 1 – 2 years for ages 40 and above
		✓	✓	Osteoporosis – routine screenings begin at age 65. For women at increased risk for fractures, screenings should begin at age 60.
			✓	Pneumonia vaccine once – 65 years and older
✓	✓	✓	✓	Tetanus/diphtheria booster every 10 years, with one single dose of tetanus, diphtheria, pertussis (Tdap) in place of one Td booster up to age 64
		✓	✓	Zoster (shingles) – one-dose vaccine on or after age 60
✓	✓	✓	✓	Obesity screening
✓	✓	✓	✓	HPV screening beginning at age 30 – no more than every 3 years
✓	✓	✓	✓	Annual well-woman preventive care visit
✓	✓	✓	✓	Blood pressure every 2 years
◆	◆	✓	✓	Hepatitis C once for adults born between 1945 and 1965. People at high risk should also be screened.
✓	✓	✓	✓	Alcohol misuse screening

When it comes to your health, what you don't know can hurt you. Medical tests and screenings can help you find problems early when they are easier to treat. Vaccines and immunizations are also important for health protection.

Coventry Health Care wants to help you make the most of your health and benefits. That's why we are giving you some recommendations for adults from the U.S. Preventive Services Task Force and the Centers for Disease Control and Prevention. Be sure to talk to your health care provider about the tests and immunizations that are right for you. Ask when you should have them.

PREVENTIVE MEASURES FOR MEN

19-49	50+	Age Appropriate Preventive Measure
✓	✓	Routine cholesterol screening every five years starting at age 35 and older
	✓	Colorectal cancer screening through fecal occult blood testing (every year), sigmoidoscopy (every 5 years) with high sensitivity stool test for blood (every 3 years) or colonoscopy (every 10 years) beginning at age 50 until the age of 75*
✓	✓	Influenza vaccine annually
	✓	Pneumonia vaccine once – 65 years and older
✓	✓	Tetanus/diphtheria booster every 10 years with one single dose of tetanus, diphtheria, pertussis (Tdap) in place of one Td booster up to age 64
	✓	Zoster (shingles) – one-dose vaccine on or after age 60
✓	✓	HIV screening once – talk with your doctor about when screening should be repeated
✓	✓	Obesity screening
✓	✓	Blood pressure every 2 years
◆	✓	Hepatitis C once for adults born between 1945 and 1965. People at high risk should also be screened.
✓	✓	Alcohol misuse screening

Play an active part in your health and well-being. Make sure you're up to date on your preventive care.
To learn more visit My Online ServicesSM at the Web address shown on your member ID card.

Please note that these are guidelines only. This is not a complete listing of covered preventive services. You should talk with your provider to find out which screenings are right for you. Coverage is subject to the terms and conditions of your policy. Some people who are at high risk may need to be screened earlier or more often.

◆As recommended by your health care provider. *Talk with your doctor about what type of screening is right for you and possible benefits of screening past 75 years of age.